

CROSSROADS

VOLUME 22

SPRING 2013

UNMASKING MANSFIELD

From the Editor:

Each person has his or her own story to tell. It's a concept that amazes me. We are each the protagonist of our own story. We all have our own obstacles to overcome, our own goals to achieve, and our own motives and desires. But how often do we take the chance to hear another person's story? There are literally *billions* of stories of which we know absolutely nothing about.

Some of these stories belong to people across the ocean in foreign lands, but many belong to the people you pass on the street every day. There are innumerable people who have lived and died, and we will never know their story. Perhaps an epic tale belongs to the person whom you shared an elevator with this morning, or to the person who served you your morning coffee. Perhaps it belongs to just some face in the crowd on your way to work.

Think of your friends and family. Your role in their story is probably pretty large. However, maybe you shared that elevator this morning with a stranger, and that is the last time you ever make an appearance

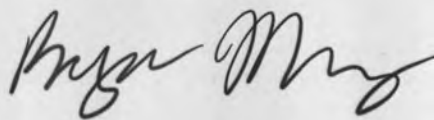
in his or her story again.

Mansfield is the crossroads for all of our stories. For some reason or another, all of these students and citizens have come to Mansfield, and it is at this time that we have the opportunity to hear some fascinating stories.

Our goal for this issue of *Crossroads* was to feature citizens who live in the Mansfield area. What makes them important? What makes them unique? Why are they here? We aimed to find out.

Inside this issue are feature articles written by the journalism majors from Mansfield University. The ten of us worked hard to sell ads, interview people, take pictures, and write, edit, and layout these articles. By unmasking these individuals, we hope to share a part of their stories with you.

Thanks for reading,



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The Wright kind of love story



PHOTO BY TOM PASSMORE
Kathy Wright is a professor in the department of health sciences at M.U.

By TOM PASSMORE

Love can be cliché sometimes and people look too much into the "fairytale story." We watch Disney movies and although we see the happily ever after, they never really show you the struggle that it takes to get to that point.

So what if you met someone and it ended up being just like a Disney movie?

To get a clear view on the idea of love and the fairytale story from two professors at the same university, Kathy and Lee Wright were both interviewed for a chance to get different perspective on how they met and how they subsequently fell in love and got married.

Lee and Kathy took different paths to meet each other as Lee completed his first three years of college then proceeded to drop out for seven years due to personal issues. Lee came back to Mansfield with only \$500 and his first semester paid for.

Lee worked odd jobs to keep afloat while in school. Kathy, a traditional student, worked at a store called Brooks Brothers.

The two met through a mutual friend named Jimmy, who Kathy worked with. When Dr. Lee Wright first laid eyes on Kathy he was amazed.

"She was so beautiful, I had to get to know her," Lee said.

By lucky coincidence Lee's last name was Wright and Kathy's last name was Andrews. As they were both lined up at commence-

ment, they stood next to each other because Lee's degree was arts and Kathy's degree was science. When lining up for commencement you line up by degrees, and the arts degrees are lined up and after them, the science degrees are lined up.

Lee said it was "love or lust at first sight," all he could do was keep staring at her.

Kathy, who thought she had something wrong with her gown, couldn't help but wonder why this guy was staring at her. Kathy had a difference response when I asked her the cliché question if it was love at first sight. "No," she said with a smirk.

This could have been the end of the story, they both go on their separate ways and never see each other again.

A few days later, they attended the same senior brunch and this is where Lee asked her on a date, to which she agreed.

After about two weeks of dating, Lee took the leap of faith and asked Kathy to marry him. She said no.

"I barely knew him," she said.

Since Lee wanted to obtain his masters degree, the couple thought their days were numbered when Kathy went to work in management in Pennsylvania and Lee went to school in Kentucky.

The stars aligned again for them as Lee met a "well off" student who traveled home some weekends and lived in Philadelphia.

Lee would have him drop him off at Kathy's house whenever he decided to go home.

"[The long-distance relationship] wasn't easy," Kathy said.

After a year, Kathy enrolled at Kentucky to be with Lee all of the time. After six months of dating, Lee asked Kathy again to marry him. She said yes.

One day on a road trip Lee revealed a secret he'd been keeping from Kathy since they had started dating. He told her that he was 29 years old.

At the time, Kathy was only 20, and the subject never really arose. Lee was afraid that revealing his age would ruin things.

"It came as a shock to me when he revealed his age," Kathy said.

Kathy loved him, however, and accepted the age difference. They married the next spring. After they were finished with their educations, they moved to Nebraska, where they both obtained teaching jobs. They liked



PHOTO BY TOM PASSMORE
Lee Wright is a professor in the communication department at M.U.

their town, Hastings, in Nebraska.

However, Lee's job would require him to go to school in Denver for two years because he feared losing his current job without his PhD. Kathy was upset, but she understood.

"It's not fun being apart, but it helps having someone with the same career goals," Kathy said.

"Once every six weeks I would see her," Lee said. After the time apart, it just so happened that a job at their old alma mater opened up at Mansfield University - where Lee and Kathy met.

Lee and Kathy moved there as Lee took the job. Kathy found work at a nearby hospital as a dietitian. Soon after, Kathy got a job at Mansfield as well.

Now, after 30 years of marriage, this couple is still as in love as they've ever been, and Lee knows what it takes to keep the fire going.

"We take each other on random trips," Lee said. "Last summer I took her to Wrightsville, North Carolina for the weekend."

The Wrights also sponsor the senior brunch at Mansfield University after it was in fear of being cancelled. They both agreed that they couldn't let the event that they first had a conversation be discontinued.

Every year, the Wrights speak at the brunch and explain how they met. It just shows that everyone out there has someone; it's just a matter of finding them and making some sacrifices if you truly love them.

Mansfield University - 3

Bellows adjusts patients to health

By ASHLEY WRAY

Bellows Health Systems is more than just a place that adjusts your spine; it is a holistic approach to wellness. They find what is interfering with a person's health and then care for it – rather than just treating it. Dr. Lawrence T. Bellows, DC and his wife, Dr. Brittany Reed, DC run the center along with his sister, Dr. Laura Bellows, DC. What makes the health center unique is their approach to everything. Dr. Bellows enjoys doing things differently.

Growing up on a 580-acre dairy farm in Troy, Pennsylvania, Dr. Bellows learned the value of hard work from his family. His grandparents started the farm. He is the third generation running it. He spent every day with his grandfather on the farm until he was 18 years old. His grandparents were a great influence on his life.

After graduating from Troy high school he attended Wilkes University for pre-med. He obtained his degree in three years. "I took classes at King's College in-between classes at Wilkes and rode my bicycle back and forth," Dr. Bellows said.

Bellows attended chiropractic school at New York Chiropractic College. After he was finished with that stage of his education he moved back to his hometown and lived with his parents. He volunteered his time at the Horn Family Chiropractic office in Towanda on Fridays and Athens on Saturdays. He ran the practice those days for Dr. Thomas Horn who couldn't afford to pay him at that time. "I did it just for experience," Dr. Bellows said.

Bellows didn't want an income at that point in his life. He wanted the experience and potential so that later in his life he could have a much better income. He sometimes saw up to 70 people a day, which he loved. Dr. Bellows has a passion for helping humanity succeed and displays that through his work. He envisioned what he wanted his business to look like before any ground was broken. "You create things in your mind, and they will come," Dr. Bellows said.

He is big on setting goals - goals so far out that they seem impossible. For instance, he was debt free by age 30. He got a divorce and was judged for it, but grew from it as well. "It tore me apart, but it was probably the best thing to ever happen to me," Dr. Bellows said.

He didn't want his children to grow up



PHOTO COURTESY OF ASHLEY WRAY

Dr. Bellows doing what he loves, restoring the nervous system.

in an environment that wasn't positive. He wanted them to see there was a different side to life than the one they were in.

He encourages his children to think positively and dream as big as he does. He bonds with his seven year old son by lifting weights in the gym at his health center. His business is his hobby. "If you enjoy what you do for a living you never have to work another day in your life," Dr. Bellows said. He also likes farming organic cattle and food, riding motocross bikes and four wheelers.

When you arrive at the Bellows Family Health Center you are warmly welcomed by the receptionist and people in the waiting room. Soft music is playing in the background. The office is child friendly and has a play room and an area set up for nursing mothers. The environment is friendly, positive and open.

The adjustment tables are not in confined rooms like a doctor's office. This is part of the approach of doing everything differently; it helps steer clear of "medicalizing" the clients. Research shows when sick mice are confined, they die almost every time; but when kept around healthy mice they get better. This goes back to the feeling of "positivity" that the office creates. The facility is designed for wellness.

The routine first appointment consists of basic medical information paper work, two radiographs (x-rays), of the spine and neck, and a surface electromyograph (EMG). A surface electromyograph is a measurement of your action potential from muscles. These tests look for spinal subluxations and nervous system function.

On your second appointment you are oriented with the office by a group presentation regarding how the nervous system works. The Bellows want to make sure you understand what is happening to your body as they care for you. An informed person is a healthy person, which is their goal. At orientation you are given a one-on-one report of their findings, including the results of your radiographs and surface EMG.

From there everything is put into perspective, you are shown any subluxation degenerations you have. They give you a detailed chart of your spinal column and nervous system showing you where your issues are and exactly what it is affecting. For example, your L2 vertebra has nerves connected to the appendix, abdomen, upper leg, and urinary bladder.

Chiropractic is the process of restoring the spine and nervous system. It doesn't happen overnight. There are 3 trillion messages being sent from your brain to your nervous system per second. We only are aware of 50 messages. The nervous system is set up to control everything without a conscious brain. You don't want to have to think about dilating your blood in-between sitting and standing or when to blink or breathe.

Chiropractors work with bones ligaments and muscles, but also the nervous system, which is the master control center for the entire body. The nervous system branches off to every cell of the body to coordinate thoughts, movements, digestion, and the healing process. The nervous system must be working properly so that rest of the body is. Think of it as a computer charger, if your



PHOTO COURTESY OF ASHLEY WRAY
Dr. Bellows adjusting a woman with the integrator

cord breaks or is bent it can't charge the battery properly. Therefore your computer isn't working as it should.

"A pain you feel is unfortunately only 1% of your nervous system," Dr. Reed said.

To limit the scope to just neck pain, back pain, and headaches is the biggest misconception of chiropractic. "We are all about functioning at the optimal level and there is so much more to chiropractic than pain," Dr. Reed said.

Out of all of your neurology, only 10% is sensory, meaning hearing, seeing and tasting. To ignore the other 99% of a person is unethical in their perspective, so both Dr. Bellows and Dr. Reed have gone to extra training to make sure they are giving their clients the best potential care.

Dr. Bellows hired the inventor, researcher and instructor of TRT Dr. Jay Holder MD, DC, and PhD to train him and his wife. For about a year Dr. Bellows and his wife Dr. Reed had one-on-one training with Dr. Holder in Boston and Harrisburg. They are both certified by him.

How a person is fed, spoken to and encouraged is important. Literally

everything perceived is recorded in the nervous system. If a person is constantly put down, that is translated and recorded into the nervous system. It becomes part of the subconscious mind, lowering self-confidence. It impacts a person's health far more than they are aware. That is why Dr. Bellows and Dr. Reed are big on "positivity". They strive to see a person functioning at an optimal level. When a person's nervous system is not functioning properly, Dr. Bellows and Dr. Reed can adjust the nervous system with the most up to date technology the chiropractic industry has seen.



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Victoria Lacey pushes the limits

By REBECCA KRATZ

Goals are easy to set but difficult to reach. Everyone has her individual challenges in life. Emma Lacey is no exception.

Lacey, a senior-athlete at Mansfield University who finished competing in her final basketball season this winter, was prompted to make a lifestyle change. "I have a ton of digestion issues. For a while I ignored them, did whatever I wanted to, and never saw changes in how I felt. It reflected on my happiness," Lacey said. She was constantly uncomfortable and upset with her health and how she felt about herself.

"I started doing some research into bodybuilding and figure competitions and fell in love with the idea," Lacey said.

With her basketball season coming to an end, bodybuilding was the perfect outlet to becoming healthier, distracting herself from ending basketball, and beginning a new lifestyle. There were a lot of bodybuilding options.

"I chose a program called LiveFit. It is a 12-week program which includes a ton of weight training. It switches up the workout every 3-4 weeks, which I love. I get bored easily. This kept me doing something different all the time while keeping my body guessing," said Lacey.

Women may think lifting makes them bigger. It might, but it doesn't have to. "If you care about your body enough, research it like I did," Lacey said.

"This workout plan combined heavy lifting, circuit training, HIIT workouts, and steady-state cardio to go through three phases in building muscle, maintaining and building endurance, and burning fat. That's what I loved most," Lacey said.

"If you don't build muscle first, there's nothing to show once the fat is gone. The more muscle you have, the faster your fat will burn."

Lacey's journey was far from smooth sailing. Making healthier choices required sacrifices as well.

"Getting through the cravings was the worst experience. I have a huge sweet tooth and also loved bread in my diet," Lacey said.

These changes were aggressive but Lacey managed to find a way to adjust. "The idea was to make things that tricked my mind into thinking it was a dessert or something bread-like. I didn't cut out carbohydrates at all; I am just allergic to gluten, so when I started this, I

decided to go gluten free too."

Lacey's teammates were a big help. Since the beginning of this challenge, which coincided with the end of basketball season, the team regularly went to dinner together.

"They would hide their desserts and push away the dinner rolls for me, respecting the fact I was trying to keep myself on track," Lacey said.

With struggles also come accomplishments. "Changing as much as I have, my mentality has changed drastically. This challenge has taught me so much about myself in terms of what my mind can handle. It reflects on all aspects of life. Having a strong, determined and disciplined mind can get you so far with so many things," Lacey said. "Just succeeding and starting this new lifestyle is the biggest accomplishment I could have rewarded myself with."

As Lacey continues her journey, she continues to stay motivated. "If you want something bad enough, you'll do anything to stick with it," Lacey said.

She found a real passion for this lifestyle. She loved her experience but mentions she couldn't have done it without those who stood behind her during the challenge.

"I had the best support system I could ask for. Anyone who starts something like this needs that; tell everyone you can, and tell them how much it means to you. My support system knew," Lacey said. "They knew how bad I wanted this and did everything in their power to back me up, push me forward, and let me know how much they believed in me."

Lacey's sister Victoria was astonished at the results. "When I was taking her 'before' and 'after' pictures I thought, 'oh my gosh she really did it,'" Victoria said. "I was excited and proud at the same time because I knew how hard she worked every day. I was happy to see her so happy."

Life lessons help in shaping an individual's future. "It sounds cliché, but you really can do anything," Lacey said.

Lacey doesn't believe in limits when it comes to what our minds can conquer and what our potentials are. "People sell themselves short. Never sell yourself short. You don't need anyone to do something first, to know you can do it. Take control of your life and know that you can only fail if you don't try," Lacey said. "The phrase 'You only live once,' is such a no-brainer, but should really be applied at all times. Life is too short to be anything but your best self. Do what makes



PHOTO BY VICTORIA LACEY
Lacey poses after completing her 12-week LiveFit Challenge.

you happy."

Lacey believes her story stands out. It's not a new story. It is a story to inspire others on a daily basis. It's a shocking but effective motivator. "I'm not a biggest loser contestant on television, nor have I overcome some incredible injury. I am a simple athlete," Lacey said.

Lacey's a simple athlete who has a big story. "No one had any idea what I was doing for myself," Lacey said. She believes lots of people are working toward goals in secret. "I pay all my respect to anyone trying to achieve and succeed in any type of transformation in their life," Lacey said.

Lacey's challenge is not over. Recently, Lacey completed her 12 weeks and plans to continue with her healthy regime. "I had to send in pictures for the chance to win money, but only that portion on my lifestyle is over. I took a week off, started up again, and once I have the money, I hope to get a coach, eventually become sponsored, and compete in fitness/bikini competitions," Lacey said.

Lacey reassures herself that she will forever maintain her newly found lifestyle. The most crucial part of her experience was the last four weeks of the challenge. "That was the most taxing, mentally and physically. Crunch time meant changing my diet even more, intensifying my workouts, and staying focused. I set a goal for myself not to have any cheat meals for 12 weeks. It wasn't hard until those last 4 weeks. I wanted everything I couldn't have," Lacey said.

The outcome, according to Lacey, was worth the wait. She had always been one of those girls who made excuses for why she felt

the way she did toward herself. "I am much more mentally tough than I thought," Lacey said. "I used to think 'oh I'll never change this', 'my body could never do that', and that's bologna."

Lacey emphasized the idea of changing one's health in an instant. "It's just a matter of choosing to do so," Lacey said. "That's what I love so much about it. It's the simple achievement that I'm the healthiest I have ever been."

For once in her life, Lacey is not afraid to step on a scale. "I made it a point not to weigh myself for almost the entire challenge," Lacey said. "That's not what was important to me. It's unhealthy to make getting on a scale a daily habit." "Muscle weighs more than fat," Lacey said. "When you're trying to gain muscle, your body may change in appearance and not in weight. It's really not as important as everyone thinks it is."

Besides dieting and sticking with her workout regime, Lacey only took whey protein, glutamine and Branched-Chain Amino Acids. "I started at 164 lbs, 24% body fat, and ended at 146lbs, 20% body fat," Lacey said. "But my greatest feeling was knowing I had made a difference in my life and made others see these changes are possible."



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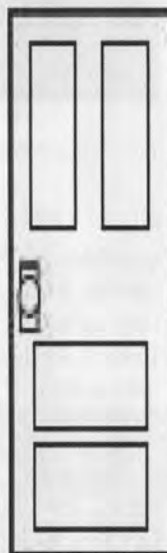
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Mansfield University student finds his calling as graphic design major

By BRYAN MAHOSKY

From the small town of Sugar Notch, Pennsylvania comes the creative and talented Jason "Jay" Garcia.

Jay originally came to Mansfield University as a music education major. He played piano, and wanted to participate in the university's marching band.

After a year of being a music major, Jay changed to the art department. "I didn't like how cliquy the music department was and felt art would be better suited for me," Jay said.

"Art has been a passion of mine since before I could remember. I've been drawing all my life," Jay said. "I talked to Mardi Whitehouse (the chairperson of the art department) about transferring and just felt at home." Jay is now a senior graphic design major, with an emphasis in print.

For the Spring 2013 semester, Jay was enrolled in an advanced typography class. Typography is the study of fonts and how to use them in design, according to Jay.

For one project in particular, the class was assigned to "go out and create anything that addressed or solved a problem." Anything was fair game, so long as it involved typography in some way.

Jay created a video utilizing stop motion. Stop motion is an animation technique that consists of a series of still frames (photographs) to give the illusion of movement. The series of frames depicted several Mansfield University students literally being labeled offensive or derogatory terms with black paint on their skin. The students try their best to wipe away these words from their body.

The video, dubbed I AM ME, "is supposed to help people in the LGBT (lesbian, gay, bisexual, and transgender) community



PHOTO COURTESY OF JAY GARCIA

Jay Garcia is intending to graduate from Mansfield University in May of 2014.

they are not; that they do not have to put up with the name calling and bullying, and they do not have to [commit] suicide and [inflict] self harm as a last resort or way of 'fixing things,'" Jay said.

The video is backed by "Make it Stop (September's Children)," by punk rock band Rise Against. "Make it Stop (September's Children)," is a song that "was

written inspired of the teen suicides in the month of September 2010, who were bullied for being homosexual. It deals about how people are treated from homophobic bullying and feeling so tormented that they feel there's no place for them in the future and that killing themselves is a better option," according to an interview with frontman Tim McIlrath.



PHOTO COURTESY OF JAY GARCIA

The views of I AM ME on YouTube "keep going up," according to Jay.

"My inspiration [for I AM ME] came from being bullied in high school for being gay," Jay said. "It's an issue that more people need to be aware of, teachers and parents included, in order to put an end to it."

The type of the logo and the uniformity and consistency of font type throughout the video represented the typography emphasis. "I would love to see I AM ME go viral, like

'It Gets Better' and 'The Trevor Project,'" Jay said. "I want it to be helpful for all people to realize that it is okay."

"The Trevor Project" is the "leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, and questioning youth," according to the website.

"The 'It Gets Better Project' has become a worldwide movement, inspiring more than 50,000 user-created videos viewed more than 50 million times. To date, the project has received submissions from celebrities, organizations, activists, politicians and media personalities," according to the website.

Jay plans to expand on I AM ME in the future, though the exact direction is unclear at this point. "I'm going to try to keep pushing it," Jay said.

Jay often struggles with overcoming his anxiety and ADHD. "There are days I literally can't do some things because I am so antsy or distracted," Jay said.

When he's not actively supporting anti-bullying causes, Jay enjoys playing piano, dancing, and has an "unnatural obsession"

with building model boats. He is also a fan of architecture, including Gothic, Victorian, Art Deco, and Art Nouveau styles.

"After graduating, I would love to be in a company that restores and repaints old, historic buildings – like churches and court houses," Jay said. "I would also like to work for wine packaging companies, where I could design wine bottle labels."



PHOTO COURTESY OF JAY GARCIA
Krista Floe Busini is a graphic design major at M.U.

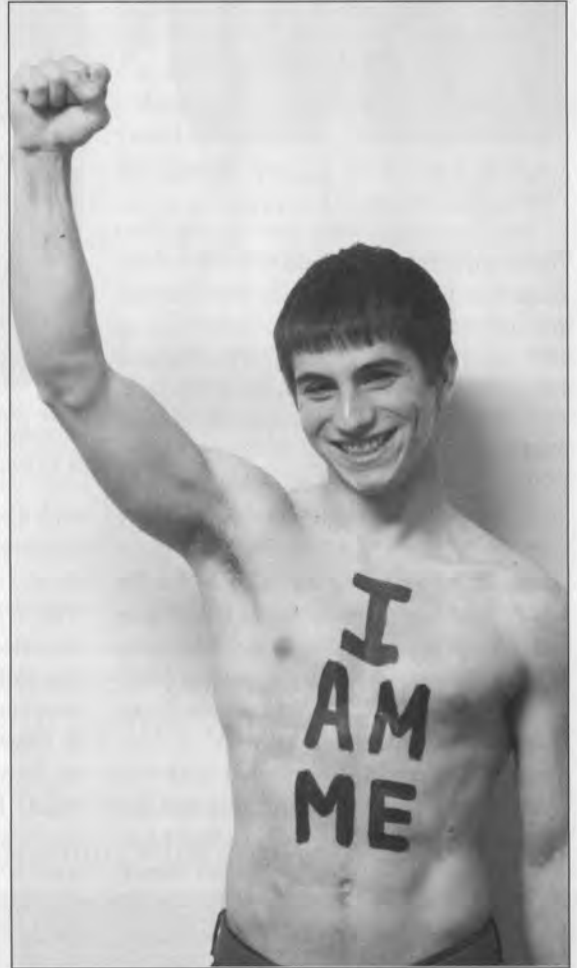


PHOTO COURTESY OF JAY GARCIA
Shawn Wieboldt a psychology major at M.U.

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Mansfield University students built beds in the Dominican Republic for Christmas

By SAMANTHA CEASE

Mansfield University seniors, Trevor McHenry and Jacob Wein spent their Christmas break a little differently than most students this past fall semester. Instead of spending time in wintery Pennsylvania with their families, the two students traveled to the Dominican Republic with a Christian mission group McHenry has been a part of for 12 years through his church in Corning, NY.

McHenry and Wein met during their freshman year at Mansfield in 2009 and became best friends. Four years later, they are roommates off campus and have become like family to one another. "He's become like a brother. I feel like a part of his family," Wein said about his friendship with McHenry.

McHenry got involved with the mission's movement through Grace Community Church, in Corning, NY, McHenry's hometown. He's been going on missions for the last 12 years and has gone to the Dominican Republic in winter and summer. McHenry, his parents, brothers and sister travel to dilapidated areas and work to improve the living conditions for Dominican natives.

McHenry and his family are active in other in other projects as well. "It's cool that I get to help make people's lives a littler better, but it's even cooler that I get to experience it with my family and friends. It brings us all loser," McHenry said. "I wanted to share that with Jake."

The trip to the Dominican Republic was in no way a vacation for the 40 people who accompanied McHenry and Wein on their trip. It forced them to face some personal fears and extreme conditions. The airplane ride down to Hispaniola, the island the Dominican Republic shares with Haiti, was a first for Wein. He had never flown. "I was nervous to even get on the plane. I didn't know what to expect," Wein said. "All I thought was 'just don't crash,'" he said.

The feeling of not knowing what to expect stayed with him for the whole trip. "You don't know what you're walking into. It's not like we were going to relax on some white beach sipping margaritas. We were there to help people who are living in some pretty awful conditions," he said.

The young men's adventure began the day 10 - Crossroads, 2013



PHOTOS COURTESY OF JACOB WEIN

Above: McHenry (red shirt) and Wein (middle white shirt) take time to snap a photo with some local children while working construction in Hato Mayor.

after Christmas. Forty people from Elmira, Corning and Horesheads, New York piled on to a bus and rode to Baltimore Airport. Twelve hours and one layover later, the missionaries landed in Santo Domingo in the Dominican Republic. The group took a two-hour bus ride from the airport to the village of Hato Mayor, where they would be working for the next week. "It was such a culture shock. Even the weather was surprising to me. It was hotter then hell, but it was so dry it actually felt good," Wein said.

"Jake was lucky. He went in the winter. It's hot, yeah, but it's unbearable in the summer," McHenry said.

The missionaries had little time to settle in before getting to work on the vallege. The group was introduced to several other teams of missionaries that were in the Dominican Republic as well. The groups got to choose what type of work they wanted to do for the day. "The way it's set up, each day you get to decide whether you want to go to the village medical ward, work construction on houses or work the fields with locals," McHenry said.

When mission's members chose to go to the medical ward, they'd be asked to complete tasks like cleaning and sterilizing the equipment. "There wasn't a whole lot we could do in the medical ward. The doctors who go down there do all the vaccinating and other medical procedures," Wein said. "We went to the medical ward one day. They were dirty one or two room

shacks with a couple rusty beds and random furniture that looked like it was from 'That's '70s Show,'" McHenry said. The lack of work for them to do made Wein and McHenry turn their focus on jobs that would allow them to help on a more personal level.

If missionaries decided they wanted to work construction, they had a lot of hard work ahead of them. Participants in this sector built and repaired furniture, remodeled shacks and sometimes begin construction on new houses that other groups will finish later in the year. "We pretty much struck with construction the whole time we were in Hato Mayor," Wein said. "With construction, we got to be around the natives and see first hand the impact we were making."

Their days were long and full of physical labor, working in the eighty-degree weather for seven or eight hours each day. "For two days straight, I just nailed bed frames together. I finished about sixty of them by the time I was done," Wein said. "The blisters all over my hands were worth it, knowing sixty people had beds, not just egg crates and a dirt floor," he said.

The two noted that it might have been all work and no play while they were in Hato Mayor, but the time with locals was the most enjoyable. Every few hours missionaries took breaks that lasted about an hour. Participants used this time to refuel and mingle with the natives.



PHOTOS COURTESY OF JACOB WEIN



PHOTOS COURTESY OF JACOB WEIN

McHenry and Wein pose with other Mission's members before boarding the plane.

McHenry and Wein agreed that their favorite memories from the trip come from playing basketball with the younger Hato Mayor children. "We were resting in the shade one of the first days down there and about ten kids came up to us with a basketball," McHenry said.

"It was funny because they didn't say a word to us. One boy just threw the ball at me and we got a little pick-up game going," Wein said.

The pickup game turned into what the

two students called "bringing March Madness to the Dominican Republic." McHenry and Wein scrounged up some post-it notes from their mission's leader and made mini-brackets for the kids and put them into teams. Throughout the week, each lunch break featured short tournament style games between the teams. "It wasn't anything fancy. We were just trying to have fun with the kids, show them a new way to have fun," Wein said. The post-it's that they made for the young Hato Mayor children

were still hanging on an old door when the missionaries left.

"You don't realize what you have. These kids got excited over brightly colored post-its. I could tell from the looks on their faces they were having the time of their lives. That was the highlight of the trip for both of us. It made all the work we were doing worth it," McHenry said.

"I can't wait to go back in the summer and see how Hato Mayor has progressed," Wein said.

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Lopes sprints to PSAC Championship

By KATIE CRANE

The track beneath her made her fingertips sweaty. Her heart was pounding in excitement. Though she had broken records before, she was still nervous. This was college and the Pennsylvania State Athletic Conference (PSAC) championship meet for indoor track. There were people here who had been training longer, harder and stronger than her, with aspirations to be in the Olympics.

Sophomore Olivia Lopes, with all her record breaking, she is now the fastest female athlete in Mansfield University's history. She has broken the record for the 60 meter dash with 7.75 seconds. She's broken the 200 meter dash record at 25.27 seconds. She had also broken the records for the 300 and 400 meter dashes with 41.72 and 58.76 seconds.

"She's a hardworking athlete. She arrives to practice before it starts and leaves after everyone else when it's over," Teammate Dillon Griffith said.

Lopes carried the women's indoor track team this season with two PSAC Athlete of the Week honors, and five NCAA Championship provisional qualifying marks. She scored 14 points out of 20 points at the PSAC championship meet for the women's team this February, setting seven new school records in one season.

These accomplishments have given her the honor of being awarded Mansfield University's Women's Indoor Track Most Valuable Player, as well as the Winter Female Athlete of the Year at the Winter Sports Banquet, Saturday, March 30. Lopes remembered feeling the same excitement at the banquet as they announced her awards as she felt before running. It was the way the starter tells her "On your marks. Get set. Go!" at the starting line.

"I never imagined track would get me this far," Lopes said. "I remember when I was a sophomore in high school and my friends came over and begged my parents to let me join the track team. I guess they saw the potential in me before I did."

Lopes was born in Lorain, Ohio, but moved to Lewisburg, Pennsylvania when she was in fifth grade. She attended Lewisburg Area High School. She began running track her sophomore year. She broke records in the 100 meter dash, the 4 by 100 relay and the 4 12 - Crossroads, 2013



PHOTO BY JAJHIRA HERBERT

Olivia Lopes is majoring in public relations. She hopes to be a public relations spokesperson, after she has gone to the Olympics and compete of course. She wants to one day be mentioned alongside her idols Allison Felix, Carmaleta Jeter and her coach, Nadine Parker.

by 400 relay. She ran both indoor and outdoor track.

Her Mansfield University coach, three-time Olympian, Nadine Parker, is one of her biggest fans. "I always tell Olivia that sky's the limit for her. She is intelligent and has amazing talent but talent can only take her so far," Parker said. "Whatever she sets her mind on

attaining and putting forth the necessary effort and sacrifices, she will be successful in."

Lopes chose Mansfield University because of the small campus and the way it reminded her of Lewisburg. "It has a small, towny feel. Everybody knows everybody."

"I love running because it's my outlet. It keeps me calm and disciplined," Lopes said.

Sociology professor introduces new programs at Mansfield

By DAVID BARR

Dr. Timothy Madigan a Mansfield University sociology professor is the reason the Volleyball Club exists.

It took him a long time before he found interest in sociology, teaching, or volleyball. He studied engineering at Bloomsburg University before switching to psychology. He switched majors again, to social work, and combined it with sociology. "I liked what I was learning. I'm a people person. I wanted to work with children and help children," Madigan said.

He got a job helping handicapped children and adults after graduation, but he wasn't getting paid what he was worth, about \$.25 above minimum wage. After a year at that job, he went back to graduate school for his master's degree. He studied sociology some more. "I wanted to see what sociology can do to improve society and help people," Madigan said.

Madigan was in the process of completing his research work for his master's at Penn State when he the subject of teaching came up. Madigan agreed to become a teaching assistant, because he got paid tuition. He found he liked teaching.

While at Penn State, Madigan also discovered volleyball. Madigan had never played volleyball in high school or college but he was introduced to it by a fellow grad student. Madigan began playing on a semi-regular basis, 3-5 nights a week. "My friends made me get interested," Madigan said.

After completing his work at Penn State, Madigan moved to Washington D.C., hoping to find a teaching job. He took a job at the Census Bureau instead. He also worked in the Department of Education and in the Consultant National Center for Educational Statistics.

Madigan continued to play volleyball while in D.C., playing almost every day at lunch when the weather was warm. He also participated in team tournaments, dropping in when he could. He didn't limit himself to the hardwood either. He also played beach volleyball in Ocean City on 3-day weekends. "Sports is a good way to have fun with people. It brings people together, creates friendships, and helps you stay in shape," Madigan said.

Madigan finally got to put his teaching abilities to use after being hired at Shippensburg University. Volleyball continued to be



PHOTO COURTESY OF TIM MADIGAN

Madigan and his harmonica met a local Chinese tour guide on one of his trips to China. She spends her days playing her primitive banjo, greeting tourists and telling them about her city in Yunnan Province, China.

an active part of his life at Shippensburg. Madigan practiced with the men's volleyball club and was active in an outdoor summer league.

It was at this point Madigan began working at Mansfield University. He arrived in the fall of 2001 and noticed that there was no volleyball club or team on campus. He set out to change that.

"I put out a flyer at the student organization event on campus. I had about 25 people sign up and they all came to the first meeting. It's been going on ever since then, partly by word of mouth, partly by advertising," Madigan said.

Being in Mansfield has also allowed Madigan to enjoy nature and partake of some of his favorite outdoor activities, like hunting, fishing, camping, mountain biking, hiking and outdoor photography.

Madigan got to combine his passion for sociology and the outdoors last summer in Denver. He was presenting research to the American Sociological Association. When he wasn't totherwise engaged, he hiked the Rockies, once climbing 14,700 feet in four hours.

In addition to being a part of the American Sociological Association, Madigan is also president of the Pennsylvania Sociological Society. As president he recruits new members, organizes a budget, and produces a journal.

With all this on his plate, Madigan still found time to create a new class, Sociology of China, for the spring of 2013.

"This course is based on knowledge I've gained over the years, packed into one semester," Madigan said. The course is so brand new that there isn't a textbook available. Madigan uses videos and handouts to teach the students. Despite the unorthodox method, Madigan believes his students "seem to be enjoying it."

Madigan also hopes that the popularity of this course will allow the university to create an East Asians Studies minor and offer Sociology of China every two years. Madigan hopes to have written the textbook by then. To be the first one to write a textbook for a never-before-created class would "leave a mark on society," Madigan said.

Having a textbook would result in a "less hectic time teaching next time." By creating the book, Madigan would be "able to apply a lot of my perspectives into the material."

"Seeing a lifelong interest in China built up into something concrete like a college course and a textbook that could affect future leaders is appealing to me. I hope I can deliver in a big way," Madigan said.

Madigan has started two new things during his time at Mansfield. That is delivering in a big way.

Ryan Dalton is more than Hype

By CHANCE COOK

Ryan Dalton, a.k.a Emcee Hype, a Wellsboro native and a former performer at Mansfield University, is no stranger to the spotlight. On top of his job working as a Disc jockey at WNBT radio in Wellsboro, Hype starred in the Deane Center's production of *Duck Hunter Shoots Angel* in April and produced his own rap album last Fall.

Hype's recent EP, "S3CR3T T3CHN-OL0GY," features self-produced beats with original lyrics that feature a dark, almost mystical undertone. This style is a far cry from Hype's beginning in the music industry, specifically from his days as a performer at Mansfield University.

Hype, who grew up around Mansfield, has ties to Mansfield University that began when he was just a child. "I ended up going to Mansfield University for summer music camp several consecutive years," Hype said. "This was right around the time that I got into hip-hop, too."

Hype found himself getting into the music scene after high school, when he would write verses over his own self-made beats. "I just kind of made a mixtape of other people's beats and wrote some rhymes and hooks, it wasn't very good."

After spending time in various post-hardcore and punk rock bands that would see time playing shows throughout Pennsylvania and New Jersey, Hype was introduced to other musicians who shared a similar interest in free-style rapping. After forming his group "Jersey Bound Trunk Crew" Hype and his band returned to Mansfield to play a show with a punk rock band. "The punk ties are really cool, because I think that punk and hip-hop really have a lot in common," Hype said. They kind of grow out of the same place too, the expression and outlet that wasn't exactly accepted in the mainstream."

Hype's first big break as an artist came with the Jersey Bound Trunk Crew. "My younger brother went to Mansfield University at the time and entered our band into MTV's 'best music on campus competition,'" Hype said.

While Hype's group's original goal was to win an opportunity to collaborate with Def Jam rapper Mr. Lif fell short, MTV kept them in the contest. From there, his



PHOTO COURTESY OF EMCEE HYPE
Hype graduated from North Penn High School. He has a degree in communication from Messiah college. *S3CR3T T3CHNOL0GY* is Hype's first solo album.

rap group continued to climb the rankings of the competition. "Next thing we knew, we were in the top 100, then the top 50, then the top 25, then the top 15," he said.

Their climb through the competition saw them nominated for an MTV Woodie award, which recognizes the top artists as voted by college students. "On top of the nomination, we also signed a ridiculous option with Epic Records," Hype said. "We also got some guest spots on the EAgames/MTVu Rockband tour and we had a video in rotation on MTVu."

Hype gives credit for his early success to Mansfield University, as the ability to represent the university in the competition led to their breakthrough. "We were thankful to the university; because of Mansfield University we had that opportunity, really."

After the overwhelming initial success with Jersey Bound Trunk Crew, Hype took on a spin-off project with his former group's producer, Party Picasso. "It was actually nice to be back in a less-pressure situation with no more major label pressure or MTV pressure or expectations," Hype said. "It just didn't land us in the same random spot of exposure that our previous group had, which is good and bad. You

don't want to be a sell-out, in the sense you want to maintain your artistic integrity, but honestly, you have to make a few bucks to sustain."

With the Jersey Bound Trunk Crew days behind him, and his solo career well under way after the release of his "SECRET TECHNOLOGY" EP, Hype works as a DJ by day and makes music by night. "I started on the campus radio in college, where I was a communication and film major," Hype said. After returning to Wellsboro, Hype landed a job at WNBT radio through a friend, and has been playing music and entertaining the area through WNBT ever since. "I love [being a DJ], I have nothing to complain about," he said.

The only thing that consumes Hype's free time aside from music is theatre. Acting in productions throughout his childhood, theatre has always been a part of Hype's life. He minored in theatre in college, and even attended the Gaiety school of acting in Dublin, Ireland.

His most recent acting venture was in the Hamilton-Gibson production of *Duck Hunter Shoots Angel* at the Deane Center for Performing Arts in Wellsboro. Hype played the lead role as a cynical New York tabloid journalist. "From the first time I read the script, I knew I had to do it," he said of the production. Hype interned at Hamilton-Gibson productions in his teens, and has nothing but praise for his work. "I hope people know what an amazing part of our local culture Hamilton-Gibson is," he said.

For Hype, acting is an art that he is passionate about, but he doesn't want it to be seen as a "fall back" option if rapping doesn't work out. "I love acting," he said, "but it's not one of those 'if music doesn't pan out' things. Just like music, acting is something I'm just going to do. There are things I simply love to do, and I am going to do them."

Hype's laissez-faire attitude toward his passions leaves the future of his rap career open. "I'm going to keep making music and playing shows," he said, "I'm not above playing [at an open mic venue] and I'm not opposed to going on tour." For now Hype will continue to tailor his craft. "I'm putting myself out there as a solo rap artist. We'll see what happens from there."



PHOTOS BY SAMANTHA CEASE

Brad Cox has Volks Wagen parts all over his showroom.



PHOTOS BY SAMANTHA CEASE

Cox restored a dune buggy last summer.

Modern day "Greaser" loves his restored Beetles

By SAMANTHA CEASE

After moving from northern Pennsylvania nearly 30 years ago, Bradley Cox moved back from Houston. He had been living a fast paced western life and decided to slow down, get back to his roots and focus on his passion: car restoration.

Bradley was born in 1964 to Esther and Richard Cox. He grew up in Troy, Pennsylvania, the youngest of five children. Early in his life, Bradley remembers Richard and brother Roger tinkering with cars. As he grew up, his love of cars grew with him. "I remember the first car me and my pops worked on. It was a 1959 Chevy Bel Air. It was this rusted green color and the whole body needed restored. We spent the whole

summer that year fixing up this junker," Cox recalls.

No matter where life took Cox through the years, his love for car restoration continued to grow. He moved to Houston and got married at the age of 22 and started his own business as a carpenter, but at the end of every work day, Cox found refuge from daily life in his showroom, where he works and displays the cars he restores, most of which are Volkswagen Beetles from the 1960s. "I fell in love with beetles about the same time I fell in love with my wife. She had one in college and I loved whipping around in it," he said.

Cox, his wife and their two dogs made the cross-country journey to northern Pennsylvania last summer, after selling his busi-

ness in Texas.

Cox built a house on a 75-acre plot outside Mansfield. He rebuilt the showroom he loved so much in Texas and started going to car auctions. "I go to shows, find the most beat up beetle there, pay for it in cash and tow it home," he said. "Then I tear it apart and rebuild the entire car."

Cox has six fully restored 1965 Volkswagens Beetles in his show room. He is working on now two more: one from 1960 and another from 1965. He does all the body and paint work himself. "I don't have any ambition to make profit off of the cars I build. I just like to show them off because I put so much time and effort into them. It's what I'm best at," he said.

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Mike Dennis lives "Danger"-ously

By KELSEY KAUFMANN

Whether he is filming a band, a wedding, or just shooting fun scenes with his friends, Mike Dennis (also known as Danger) always seems to be on the go. A 2012 Mansfield Graduate, Mike, found his passion for producing videos during his final college years. He has taken what once was a fun hobby, and turned it into what he hopes will be his career for years to come. Mike brings light to the idea of a "small town boy, making it big."

Mike grew up in the relatively small town of Arkport New York. Living with his mother, father, and sister, they taught Mike what a close knit family was all about. After graduating in 2009 from Arkport Central High School, Mike went on to Mansfield University to study Broadcasting.

"My lifelong dream was to be a tattoo artist, but I couldn't draw at all so going into college I saw Anchorman and chose broadcasting as a major cause Ron Burgundy was hilarious. I guess it was all just fate at work," Mike said.

It wasn't until Mike's junior year at Mansfield University when he realized he loved filming and editing videos. At first, he would shoot comical videos with friends and even short segments for the campus newscast. Mike's mentor, Mark Polonia (an employee at Mansfield University), mentioned to Mike that he could take this hobby and turn it into a way to make money one day. He did just that.

"Starting out I was making a \$100 a video and maybe getting 2-3 a month. That was about last July-August. Now, things have grown a lot," Mike said.

Through years of perfecting his filming and editing techniques, Mike has been able to recently work with huge names such as the band, "Gas Light Disco," and film videos for underwear brand "Pant Saggin Dezin." Mike has had the privilege of touring with both groups and being able to work with Buffalo Bills player, Stevie Johnson, who co-owns "Pants Saggin Dezin."

Mike's love for music makes music videos his favorite to shoot. Being able to work with musicians who love what they do, makes him love what he does even more.

Mike defines himself as a videographer/artist. "Film maker feels more like someone who make short films/movies. I feel like videographer is more of an artist

Even while working for talented people,
16 - Crossroads, 2013



PHOTO COURTESY OF MIKE DENNIS
Mike got the nickname "Danger" from a skiing accident, as he fell a friend yelled, "DANGER!"

Mike still faces everyday struggles like most college graduates do. Money is currently one of the biggest problems facing Mike.

"The problem now is my equipment is below my talent, and I have college payments every month. So even though I make more money than before, I'm still broke," Mike said.

Despite hard times, Mike's support system is greater than ever and continues to push him every day. His friends and family believe in him and what he does by watching and posting all of his videos.

"You have to be dirt poor before you can be filthy rich," Mike said.

In his attempt to become "filthy rich," Mike has moved forward in his career by setting high goals and expectations for himself. Shooting with big names and being able to work alongside Stevie Johnson are his greatest accomplishments at this time.

In the future, Mike hopes to "take over the east coast." In earlier years, he had planned on moving out to California to get his name out, but figured that was too cliché and decided to stay in the area.

"Eventually I want to run a business that covers video, music, graphics, web design, fashion, etc. I want to be the Rob Dyrdek of the east coast. I want my hands in everything," Mike said.

He plans on

staying in this business because it is all around best suited for him. He loves that he is able to create his own schedule and work with talented and creative people.

Another one of Mike's goals is to help as many people as he can make it big. He believes that his videos could help an artist make to the Billboard Top 100. Anything he can do to further someone in their career is a hope of his.

If Mike wasn't producing videos he would like to chase his dreams of becoming a tattoo artist or running his own bar. Anything that has to do with meeting people, Mike's in.

Mike offers advice to those pursuing the career of a videographer. Networking is something he learned from Dr. Sue Young of Mansfield University, and believes that without it there is no way you can make it.

Until Mike's next big break he plans to live by this: "Never sleep. Meet everyone you can, and make yourself marketable. Mike Danger isn't a name to describe me; I didn't even give it to myself. But I kept the name to make people remember me", Mike said.

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China and America are coming together at Mansfield University

By TOM PASSMORE

Kaqui Xu is an 18 year old sophomore at Mansfield University from Ningbo, China. Kaqui came to Mansfield as part of the 1+2+1 program offered by his University.

Kaqui would spend a year at an American school of his choosing and he chose Mansfield. "I had a choice of 15 schools I could pick from" Xu said. Kaqui lived with four other students in his dorm at the Ningbo University of Technology.

Kaqui is glad to have his own space in a rural town. Kaqui touched on the way America and China differentiate on the way they teach their students.

"In China there aren't any online classes." Students don't ask questions to their teachers in China, they just write down notes and listen said Kaqui.

During Kaqui's youth, he lived in a rural area outside of Shenghi with his grandparents. Shenghi is the largest city in China and home to over 23 million people.

Due to the "one child" policy that has been reinforced in recent years, which restricts urban couples to only one child, while allowing additional children in several cases, including twins, rural couples, ethnic minorities, and couples who are both only children themselves, population has decreased.

Due to Kaqui living in such a huge city, coming to Mansfield was a culture shock for him, "Mansfield isn't very big without a lot of students" said Kaqui. Kaqui lives about 30 minutes away from his university in Ningbo which made his commute sometimes difficult, at Mansfield he lives minutes away from his classes.

Ningbo was established in 1986 comprised of 25,000 students according to their website. Kaqui attends the School Of Information Science and Engineering.

While in China, Kaqui's hobbies included playing MMORPG's, (Massively multiplayer online role-playing games) playing basketball with his friends and just watching movies. One of the MMORPG's he plays through a server called Tencent. Tencent is a holding company in China; Tencent's diverse services include social networks, web



PHOTO COURTESY OF TOM PASSMORE
Kaqui (left) and Shawn (right) said they will continue to be friends after college.

portals, e-commerce, and multiplayer online games. It operates the well-known instant messenger Tencent QQ and runs one of the largest web portals in China, QQ.com

"I play all of my games through this server" Kaqui said.

When asked about the parties in China, Kaqui looked up at me, chuckled, and then proceeded to tell me about KTV's. KTV's are centers for parties where Kaqui and his friends would hang out and party. There isn't a drinking age in China, which prompted the smirk earlier, so anyone can go in and buy alcohol. KTV's also include singing and entertainment for small groups.

Kaqui however, wanted more than just his

rural life, he wanted to learn a different language and explore the world, this is when he signed up for the 121 program.

This program takes about 200 Chinese students and sends them off to an American school. China 1+2+1 students are personally responsible for paying all summer expenses, including tuition, fees, housing and meals.

Kaqui chose Mansfield University due to the small area, and a couple of his friends were also coming to Mansfield. Kaqui was excited about the prospects of opportunity and learning at an American school. He's considered a sophomore now as he completed one year at Ningbo University before coming to Mansfield.

He is one of the Chinese exchange students that actually preferred to be with an American roommate. When Kaqui was asked why this was he said, "I wanted to challenge myself by communicating with an American roommate."

Kaqui's roommate Shawn Cevette is happy with his roommate for his first year away from home. "I was afraid who I would be placed with, but Kaqui is a great guy and I've learned a lot from him." Shawn said.

Kaqui doesn't think Mansfield is extremely difficult but he is happy to be here and as for living in the United States, he says he wouldn't because he wants to be home close to his family and friends. Kaqui is still getting adjusted to American language and culture but says he has come a long way since the beginning of the semester pertaining to speaking English, and understanding his classes.



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PHOTO COURTESY OF JAHIRA HERBERT

Elizabeth Sowell hopes to continue acting even when after she becomes a counselor.

Elizabeth Sowell is crazy about psychology and acting

by MELODY MAJCHRZAK

Senior Elizabeth Sowell is from Philadelphia. She had never heard of Mansfield University until four years ago when she was applying for colleges. She chose Mansfield because, "it was cheaper than closer colleges."

"I hadn't always known what I had wanted to do. I had wanted to be an entertainer but I thought about it and decided I would hate it," Sowell said. She is a psychology major and aims to be a counselor. She is looking to counsel adult survivors of sexual victimization.

"I don't think I am ready to counsel child victims," Sowell said. "What they have gone through is too heartbreaking for me." She graduates in December, 2013, with a bachelor degree in counseling psychology before moving on to Temple University to get her master's in counseling and her doctorate in clinical psychology. She feels that she has the drive to get her doctorate, even though she knows the workload will get more difficult. She has learned a lot in college, both in class and outside of it. She had to learn how to deal with people.

"Coming to Mansfield University was a culture shock. I lived in Philly where there are many people but I never had to go out and speak to them. Here I have to go out and talk to them on almost a daily basis," Sowell said.

At first she was intimidated about being a black student in Mansfield. "I knew it was a predominantly white college but the longer I stayed the more I realized there wasn't anything to be nervous about. It made me a better person in the

end," Sowell said.

She came across a lot of cultural diversity and a few instances of culture shock. She is a member of the Japanese Culture club and used to be a member of the Psychology club.

"The Psychology club's meeting time conflicted with my time set aside for school work," Sowell said. She was a special member of the Black Student Union as well. The BSU asked her to perform musically for some of their programs like the Kwanza banquet but she had never officially joined.

She likes to sing, model and act. She is acting in two films and filming a third one. She likes to model as well. It has helped her learn to help

herself about her past as well as help her make different social connections. She is an actress in "Beautiful Nightmare," a musical film by Rashid Graham. She plays a showgirl from a shady part of town is trying to get out of the life she's living by becoming a singer. The showgirl meets a man who is trying to make a name for himself by opening a club. Sparks start to fly and drama follows close behind.

"The most difficult part about coming here is being four hours away from my family. I had to make a difficult decision. I once thought about dropping out so I could be closer to my family," Sowell said. She looks forward to graduating and moving on to her next few tasks.

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Scordino takes great strides in overcoming challenges

By REBECCA KRATZ

Everyone has a story to tell. Jessica Scordino's story is no exception. She is an athlete whose name is recognized around campus. She is committed to success in cross-country and track and field as she has become a shining star for the Mounties. Her journey has not been without trials and tribulations.

Running hasn't been a part of Scordino's life for long starting as a hobby throughout high school and finally joining the sport her junior year at Owego Free Academy in New York. It shaped her into the athlete and person she is today. Jess has used running to find her inner-self and to overcome hardships and obstacles in her life. We all have people who impact us, and Scordino found her motivation through two people in her life.

"My two biggest inspirations are my Dad and my sister. I run for them. Without those two, running would not mean what it does to me today. Just having them in my life and expressing they're so proud of me with every accomplishment that I have made, makes me want to push myself so much harder so I can continue to surprise them."

The two have held a valuable place in Scordino's heart, both on the sideline and in competition. Scordino's twin sister Kristy has provided a large part of motivation for her sister to in joining the running life. Scordino is excited when she sees the excitement in her dad and sister. "I can relive the thrill over and over again in my head and seeing the smiles and joy on their faces. The congratulations they had given me were motivation enough to make me want to improve more than I already have," she added.

After missing an opportunity to have her first national level berth in 2012, Scordino was devastated, but words of encouragement are motivation enough for her to continuously keep trying. Scordino was attempting to qualify for the 10K, reached the provisional qualifying time however, fell short in the standings by one spot.

Scordino is on the fence about her running career. "I have been asked if I want to continue running post-collegiately and continue to train and compete in races. I find myself going back and forth. I try to weigh the positives and negatives and take into consideration where my career is going to take me," Scordino said.



PHOTO BY ADAM MURLAND

Scordino is majoring in dietetics and sports nutrition.

Scordino proved to be the underdog during the 2012 cross-country season, bouncing back from an injury that plagued a large portion of her season. She had suffered from a fracture to her cuboid bone located in the outside of her left foot, which altered her training regime. For weeks, Scordino could do little more than eating healthy and doing minimum exercise without putting pressure on her foot. As weeks progressed, she was able to eventually start going on the elliptical and bike but at a low to moderate rate while wearing a boot.

"Am I a competitive athlete? Of course" she says, "but running is a lifestyle for me. It allows me the opportunity to find myself through all the ups and downs".

She missed most of the regular season as well as the Pennsylvania State Athletic Conference (PSAC) meet but returned just in time for the NCAA Division II Atlantic Regional meet. She took everyone by surprise finishing sixth place overall and earning her first trip to the NCAA Division II National Cross Country Championship. At the NCAA National meet in Missouri, Scordino finished 24th and became one of only three female runners in the university's history to earn All-American honors.

Scordino continues to impress those around her with her dedication and determination. "Jess is an all around amazing person. Her achievements academically and

athletically make her a force to be reckoned with. She has passion with every element of her life, which makes her a pleasure to watch her successes. I have never met someone so driven to accomplish a goal," teammate Amy Lee said.

Scordino is a member of the Mansfield University Student Dietetic Association, promoting a healthier lifestyle through events planned both on campus and in the community such as this year's upcoming Sprink Fling 5K Run/Walk, participates in club booths at Winterfest, sponsored by the Student Activities Council and partnering with the local YMCA in their Healthy Kids Day event.

Her plans for her career are even more enlightening. "I will always be a runner but as the future approaches through all the hardships my goal is to work to become an Army dietitian. To do so, I need to continue my education after I leave Mansfield," Scordino said.

Scordino must continue with graduate studies and earn a Master's degree and an internship. People who have followed this same path told her it would be very difficult to continue training the way she is while managing to complete her career goals. "Because it is time consuming and mind taxing, I would run myself into the ground, be exhausted beyond belief, and not enjoy running as much as I do now," Scordino said.

"Whatever I end up doing in the end, if that means I end up just running for the joy of it, I am happy with that. If I'm able to further my running career, I am fine with that too."

Recently, Scordino reached her goal of hitting a NCAA provisional qualifying time of 16:59.42 in outdoor track, shooting to make her first track and field national appearance in late May in Pueblo, Colorado. In preparation, Scordino competed at the 119th Annual Penn Relays at the University of Pennsylvania in Philadelphia, Pennsylvania. She competed in the College Women's 10,000m Championship and provisionally qualified in her second event with a time of 35:04.48.

A young woman and stellar athlete, Scordino has set a perfect example of willpower, persistence and enthusiasm to continue handling the curve balls life throws her way. She strives for success in every aspect and continues to take others by surprise.



PHOTO BY JAJHIRA HERBERT

Tom Gristani will spend one-sixth of his year, June 1 to August 10, on his bike, raising money for cancer research.

Cancer can't beat a brother's love

By KATIE CRANE

A cancer diagnosis between the ages of 15 and 40 is nearly eight times more common than such a diagnosis during the first 15 years of life according to The Ulman Cancer fund for Young Adults.

This is the twelfth year participants will take a bike ride through major cities, raising money for cancer research. This is the third year that the route is from Baltimore, Md., to Portland, Ore.

Mansfield University junior Tom Gristani will be riding all 4,400 miles this summer. He is a music education major with a minor in philosophy.

From Baltimore's Inner Harbor, participants will head through Pennsylvania then turn toward Ohio passing through Sandusky and Columbus. The ride continues through Indiana to Chicago where the Portland riders will join another team bound for Seattle and ride with them for awhile.

From Chicago, the riders go through Iowa and Nebraska before meeting, on the 4th of July, a group in Boulder headed for San Francisco.

From Boulder, the riders turn toward Wyoming's Teton National Park, then continue west through Idaho and into Oregon.

Gristani's older brother was diagnosed with Hodgkin's Lymphoma about 14 years ago. "When I heard about [the ride], I just wanted to do it for my brother," Gristani said.

His brother has survived the cancer. He is 34 years old and lives in Portland, Ore., the end point of this summer long journey.

"I was young when he was diagnosed, but when I got older, I was able to see how fortunate I was to have the opportunity to have a relationship with my older brother," Gristani said.

Gristani had to apply online to participate. He had to come up with \$4,500 to pay for the trip and donate to cancer research. When he had turned in the first \$2,000, he received his bike. He will also receive cycling shorts, a jersey, gloves, a helmet and shoes.

Gristani was able to raise money from family, neighbors, small businesses and general fundraising. He even did "Sheetz runs" for students to raise money. He charged a small fee to go to Sheetz gas station and get students items from the store. He rode his bike to and from Sheetz as a way not only to raise money, but to get in shape for the 70 day bike ride.

"This is a selfless act and we should support students like this," WNTU representative Bradley Veach said in a Student Government Association meeting in April at which Gristani's journey was recognized.

Before signing up, Gristani didn't have any experience as a long-distance cyclist. As soon as he received confirmation for the ride in October, he went onto Craigslist to find a bike to practice and train on. He found a \$300 Trek that suited his needs though it had a woman's saddle. "I've sat on more comfortable things in my life," Gristani said.

His bike for the 2013 ride is a better fit than the last bike. "It has a comfortable seat and is red and black like the school's colors." He wants to show support for Mansfield

University as he rides for cancer. Gristani plans to put Mansfield University stickers on his bike.

Route highlights include the Great Lakes, Yellowstone National Park, Craters of the Moon National Monument, the Painted Hills of Oregon, the Willamette Valley, and Cannon Beach.

Gristani hopes to be a part of the Ulman Cancer Fund for Young Adults legacy. "They believe in helping young adults, like my brother, who are often overlooked."



PHOTO BY JAJHIRA HERBERT

Tom Gristani's CAAD8 2300 tips the scale at 21 pounds. It costs more than \$800.

Gardy still delivers after sixteen years

By BRYAN MAHOSKY

Edgard "Gardy" Domenech is the mail service coordinator at Mansfield University. Born in 1968 in Puerto Rico, Gardy's life has been anything but dull.

Gardy lived in Aguadilla, a town with about 62,000 residents for the first 17 years of his life. He studied computer programming in college because "it always got [his] attention," but dropped out after 13 months.

His neighbor and family friend from Puerto Rico offered him a job at a resort in the Poconos. This marked Gardy's first journey to the United States. Gardy did general housekeeping for the first three months, and then moved to assume the role of assistant manager at a coffee shop.

Due to the seasonal nature of the work, Gardy returned to Puerto Rico after six months. He returned to Pennsylvania the following year to resume the assistant manager position in the Poconos.

Gardy's life took a turn for the better when he met a Pennsylvania woman, Laura. She worked for the grounds crew at the Poconos. They were married, and stayed in Pennsylvania.

Gardy and Laura lived in Stroudsburg, Pennsylvania for three and a half years, during which he held a couple different jobs. He was the assistant manager at the local McDonalds for about two and a half years. Then the year following, he worked in a factory, making large parts for elevators.

A debilitating disease soon spread through Gardy's mind. Home sickness hit him hard.

The best treatment seemed to be moving to Puerto Rico. Gardy and his wife packed up and moved to Gardy's home.

After six months of living in Puerto Rico, however, Laura's actual medical health was in jeopardy. Her ulcerative colitis (a condition related to Crohn's disease) was acting up.

"The disease was still new back then," Gardy said. "I took her to the hospital, but they wanted to do all of these experiments on her, which we didn't feel comfortable with."

Gardy sold almost all of his possessions to raise money to move back to the mainland and find a private doctor in 1991. "I sold 99% of everything I owned," Gardy said. "I kept my clothes, and had to work from the bottom up again."

After finding a private doctor in Corning, New York for Laura's medical issue, Gardy moved to Mansfield, Pennsylvania. "Oh, I

hated Mansfield," Gardy said. "It was hard for me because there was nothing from my culture – no food, no music. Nothing."

He and Laura ended up getting an apartment in Cherry Flats, and Gardy started a job at the local McDonalds.

Gardy's father-in-law suggested that he apply for a job at Mansfield University so Gardy could receive benefits, saying that they needed to have a certain number of minorities hired. Gardy applied, hoping for any position at all. "I didn't even know what he meant by minority, because I still didn't speak good English then," Gardy said, "but I figured, 'Okay!'"

"I told [the university] I can do whatever," Gardy said. "I came back every week for six months to see if they had anything for me. If you want something, you go for it."

Finally, in 1992, Gardy was hired by the university as a custodian. He was eventually put into the mail room part-time.

Gardy and Laura divorced in 1995 due to general incompatibility. "We were young and naïve," Gardy said. "It just didn't work out."

Gardy was the full-time mail service coordinator by 1997, and joined Middle Atlantic Region of College and University Mail Services (MARCUMS) in 1999. MARCUMS is an organization that "advances the professional capabilities of its members in postal management," according to the website.

With the aid of MARCUMS, Gardy realized that the campus mail service was "doing it all wrong." Gardy introduced new equipment and technology to Mansfield University, as well as a new budget that would save the university \$30,000 for the year. Since 2002, Gardy has been able to save Mansfield University over half of one million dollars.

Gardy became the president of MARCUMS from 2003-2008, while simultaneously holding his mail service coordinator position at Mansfield University. He was responsible for planning conferences and meeting with universities regarding their mail services, in an attempt to better their own mail service programs as well.

"I love what I do," Gardy said. "I



PHOTO BY BRYAN MAHOSKY

Domenech has gone by "Gardy" since he was in elementary school.

never expected to do this."

Gardy started attending classes at the university in 1998. At one point, he held his full-time job, was taking nine credits worth of classes, and had a part-time job at Mountain House Associate.

Gardy met Marie while attending classes at Mansfield University. They married in 2002, and now have two children, Dylan, 10, and Sophie, 8.

Gardy has the opportunity to work with students as part of their work studies in the mailroom. "I'm blessed by working with students," he said. "I learn something from [them], and I hope [they] learn something from me."

"This is home," Gardy said. "The Mansfield area has given me a lot."



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The verdict is in: Matt Firestine throws Frisbees, not trials

By DAVID BARR

Matt Firestine is a senior History and Political Science major at Mansfield University. He plans to use that degree to help him with a law career. He can see himself "working for a big firm," once he's completed his education at Mansfield.

"It's only recently that I realized what I wanted to do," Firestine said.

Before tackling the world of law, Firestine plans to take a semester off and prepare for the LSAT, which is a test that is "an integral part of the law school admission process in the United States, Canada, and a growing number of other countries," according to www.lsac.org.

But Firestine is also making history at Mansfield by bringing the Ultimate Frisbee Club back from the dead. Firestine played Ultimate Frisbee with a fraternity brother when he arrived on campus. Firestine had never played Ultimate Frisbee until arriving on campus.

"My school was too small to do something like that," he said.

At that time the club was on the verge of shutting down, and it did go away for two years before Firestine took over as president. "Last spring I wanted to start it back up," Firestine said.

The club has grown to where over 20 people have come out each week to Kelchner Fitness Center on Wednesdays at 9:00 to participate. The club plays for two hours, alternating which teams play when, depending on the number of people and teams.

The club moves indoors when the weather turns cold, but when the club plays outdoors, the field they use is the size of a soccer field, making play more difficult than when they are restricted to one court in Kelchner.

The Ultimate Frisbee club has gained so much popularity that the club was able to travel to Penn State University on April 7 to participate in its first tournament. Seven people were needed to field a team and the club had nine members attend, matching up with over a dozen other teams during competition.

"I definitely see us going to many more," Firestine said. The atmosphere among the club members is friendly but competitive. It's not about the stats, or which team wins; it's all about having fun and enjoying the sport.



PHOTO BY DAVID BARR

Matt Firestine is a brother of Alpha Kappa Lambda fraternity.

"It's a nice atmosphere to be in," Firestine said.

Surely a nicer atmosphere than the one that awaits Firestine once he graduates. Firestine started as a history major and needed a minor so he became a double major with the addition of Political Science. It will take him a little longer to get a second degree, but it's "worth it to stay another semester," Firestine says.

When asked what someone can do with a history degree, Firestine says that a history degree can help set you up for research and can help you bring out the main points of an article or story. It can also help you get a job

as a teacher or in a museum or, as Firestine wants, can get you into law school. But for now, Firestine's going to enjoy the fruits of his labor on the hardwood by wrapping up his time as the Ultimate Frisbee Club president.

"It's a pretty decent success so far," Firestine said.

With that attitude, his law career will have pretty decent success too.

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Courtney Kitchen is finding a niche in DZ

By TOM PASSMORE

Courtney Kitchen is a sophomore at Mansfield University. Courtney struggled to really find her niche in the so called "college life" as a freshman so she looked to find her place, she found it in her sorority, Delta Zeta.

Courtney, like most high school students thought that sororities as well as fraternities in college were, "all drinking" she said.

Courtney started as a music education major with a specialization with the flute, but she didn't think it was really her place in college because she "wasn't even that good at music" she said.

She became interested in the sorority through a couple of booths she saw during recruitment week. Recruitment week is a week where all of the fraternities and sororities set up booths with information about their club and philanthropies so you can choose the one that's right for you.

Courtney found Delta Zeta interesting so she went to a Delta Zeta meeting. Delta Zeta is a sorority that specializes in helping kids that are deaf help through their problems. DZ as they are often referred to, makes every pledge in their sorority learn sign language and only has one or two alcoholic mixers a semester.

Courtney liked the idea of that, so she pledged to Delta Zeta to see if she would like it. The pledging process takes about three months to see if, the members like you and if you fit the group and their philanthropy's.

Courtney said during this process every member receives a "big", a "big" is a senior member of the sorority that looks after the pledges and answers any questions they may

have about the sorority.

"There were so many friendly girls, I felt right at home." Courtney said.

During her time at DZ, Courtney felt like the music major she had chosen wasn't for her. When she learned the sign language of DZ, she became intrigued.

She began to take another couple Spanish classes and found her calling. Courtney is now a Spanish major that has the high aspirations of becoming a translator or interpreter.

She learned that she could pick up languages rather quickly.

Then, she had to take an absence from the sorority that had taught her so much, because of unspecified reasons. Courtney became a sound engineer at Liberty Church, doing sound for the church's band.

"I love being a sound engineer" she said.

Courtney missed her sorority because she missed her "big" and her sisters. So Courtney went back, she was nervous that they wouldn't accept her back in to the sorority. She was wrong, they missed her too.

Courtney is now in the process of getting back in to the sorority that taught her so much about life and about college "I grew as a member of DZ" Courtney said.

Next time you think of sororities of just places to get drunk and party, think of Courtney. Her sorority helped her make the decision to switch her majors, and gave her confidence and friends that she will stay in touch with throughout the rest of her life.



Photo Courtesy of Tom Passmore
Courtney is in the process of rejoining DZ.

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Polonia goes wild on the silver screen



Photo courtesy of Mark Polonia

Mark Polonia and twin brother John started writing and shooting movies together when they were lads.

By KELSEY KAUFMANN

Father, husband, brother, and sci-fi film maker: Those who do not know Mark Polonia may look at him as an average Joe who sits behind the desk in the multi-media services office in Allen Hall at Mansfield University. What most do not get to see is that he loves his family, his job, his students, and his passion for film making.

Mark Polonia grew up in Johnstown Pennsylvania where he lived until he was eleven. His father, a district manager of a chain of super markets, relocated his family to Wellsboro, Pennsylvania after the business transferred him. Growing up Mark knew he had a passion for film growing up. When he was five he believed he had found his calling.

"I was watching a Godzilla movie and I remember being fascinated by what I was watching. I thought 'this is what I want to do with my life'," Mark said.

Mark took it upon himself to learn all he could about the movie business. He learned how to write scripts, how to operate a camera, and how to use editing software all on his own. Mark made his first movie by age eleven. He had a movie that was nationally distributed by age 18.

"It was a school of hard knocks...There was no one to show me or my brother that

this was wrong or to not do this. It was all self-taught," Mark said.

As he began to develop a greater knowledge of film making, he discovered his favorite films were horror and science fiction. There was lots of room for creativity. He loved being able to step outside the box and create something different from the typical boy meets girl movie.

Mark said "Army of Wolves" was his best work. From the beginning of filming, everything seemed to fit together. Out of his 35 movies his most successful are: "Feeders," "Splatterfarm," "House That Screamed 1 and 2," "Holla if I Kill You," and, "Among Us." Despite his top rated movies, his favorites are: "Army of Wolves," "Among Us," and "Dweller."

"It was like a relationship that just works from the beginning," Mark said.

Throughout Mark's years of directing and producing films, he set goals and reached more than he expected. He has successfully had one of his films played on the Canadian Sci-Fi channel and hopes to one day see his films on American Sci-Fi television. Other accomplishments include all his movies being sold in Japan and Germany, and in chain stores like Blockbuster and Family Video.

"The journey from the start to now has

been a long one, fraught with a lot of peril and disappointment, but it's not about the money," Mark said.

Throughout his earlier years, Mark worked for commercial houses. Some were based out of Hollywood. Working with different companies allowed him to meet people he would continue to have connections with.

After several years working in Hollywood Mark heard about an opening at Mansfield University. He applied for the Multimedia position in Allen Hall. Mark was afraid his interview went poorly and that some of the interviewers would judge him for not having a college education.

"Two of the people who interviewed me were offended that I applied and didn't have a college degree. I remember someone asking me why I thought I deserved to work at a college not having a college degree," Mark said.

Despite not having a college education, Mark landed the Multimedia Services position at Allen Hall and has been there for the past 18 years.

One of Mark's happiest places to be is at work. He loves the people he works with, what he does, and being in the company of enthusiastic and friendly students who can even teach him new things about the ever changing world of technology.

"I hate to say this, but it's like a vacation. I don't look at the clock every 10 minutes and go 'God I can't wait for this day to end'," Mark said.

What he loves the most is that every day is different, and that something new changes every day. If given the choice, Mark wouldn't leave Allen Hall even if he had the opportunity.

"I have the best of both worlds. I have a steady job, steady employment, I love what I do, and I make films," Mark said.

This field has been ideal for Mark because it allows him to be the creative person that he is. He loves being able to think outside the box on a daily basis and create interesting and entertaining movies.

Mark has been able to provide a fun childhood for his two children. His son has taken a strong interest in film making as well and often assists in production of Mark's movies. His daughter, while not as interested today, used to play children's roles in his older movies.

As time has gone on Mark has realized it is more complex to please audiences. Especially with technology always changing, it can be difficult to keep up with everything. "There are all these external forces you're

fighting with and you're trying to make a movie at the same time. The odds are stacked against you every day," Mark said.

One thing that has been most difficult for Mark is seeing movies that have been recently aired and knowing that he has made a film along those lines. He believes many people repeat one another today and they are not original movies.

Persistence is one of Mark's most valuable characteristics. During his film making years, he knows he would not have gotten through everything if it weren't for simply pushing through. An example of Mark's persistence is continuing to be better than he was yesterday by always improving on his skills and creating superior movies.

He has reached many of his goals and hopes one day he could have one of his own played theatrically on the big screen. For now, Mark still finds it weird to know that his movies are on shelves in Blockbuster, or that people know his name by a movie he made.

"People say, 'do you feel like you're successful' and I say no not really but that's because I'm comparing myself to George Lucas. But there is someone that is still struggling and thinks, 'man that guy has it all'," Mark said.

Mark is constantly pushing himself to be "better than his last film." He has reached many milestones in his life that motivate him to do more.

Mark continues to increase his knowledge on film and television by helping businesses shoot commercials. He also completes freelance projects. Mark has made a few commercials for the local Indigo wireless and Indigo Extreme phone company.

When Mark isn't working at Allen Hall or making movies, he loves spending time with his family and friends. One of Mark's favorite places to be is on the beach, catching some sun and swimming in the ocean. When he has free time he loves to read a good book. Mark's latest read was "Chessman of Mars" by Edgar Rice Burroughs.

Mark knows that nothing in life comes easy. "That's the problem facing young people today, they need to understand that no one just gives you anything. You earn it, and you earn it by proving that you're competent and you have an interest in it," Mark said.

Mark has faced many battles in his life but they have made him a better and stronger person. Despite not having a college education he knows more about film and television than some with a degree. His love for his family and film are what keep him going.



Mark's Favorite Movies

- *Among Us* - B-movie director Billy D'Amato made a career out of horror movies. When he meets a real "monster in the woods," he is forced to fight for his life.
- *House That Screamed 1 and 2* - A recently widowed writer rents a house in which to write his latest novel. It is beset by the ghosts bent on claiming their next victim.
- *Holla if I Kill You* - Once the hottest comic in America, Hollaback's name was all over the media making Eminem look like MC Hammer. In a flash, it was gone. He'd played out. Even the places he used to headline wouldn't let him in the door. Hollaback wasn't going to take it. He wasn't about to let his fifteen minutes of fame slip away.
- *Feeders* - Two friends on a road trip pass through a town where aliens are landing and feeding upon the citizens.
- *Dweller* - A UFO crashes deep in the Pacific Northwest, downstream from a cabin where three bank robbers are taking refuge.
- *Army of Wolves* - Behind enemy lines a new war has begun. Nazis experiments at the end of WWII produced an army of gun-toting werewolves. It didn't work out as the Nazis expected. The Americans will soon find the flaw in the experiment.
- *Splatter Farm* - Two young twins are sent to spend time at their aunt's farm, but nobody knows that handiman is a serial killer.

Scouting doesn't stop when the scout leaves home

by MELODY MAJCHRZAK

Freshman Michael Brennan has learned a lot at Mansfield University. He knows his schedule is more laid back than it will be in his senior year. As such he has to learn how to prioritize the things he does.

Classes and work come first. Assignments have to get finished before he can have fun. He is an active member of the Japanese Culture Club and enjoys the aspects of a culture different from his own. He has learned about Computer Information Sciences, his major, and dreams of starting his own game design company.

He chose Mansfield University because of a conversation with his uncle. "A great education isn't only achieved miles from home or in another state," his uncle said. "Think of your mother when it comes to the college you choose. That way she won't be worried all the time and you can focus on the education you are receiving."

Mansfield University has helped Brennan become an adult because it treats him like one. He is expected to get to his classes on time and prepared, and every day he is faced with adult decisions.

He could choose to not do his homework, but then he would fail.

Brennan's passion is scouting. Unfortunately many of his records were destroyed in the flood in the Athens area in 2012, so he has to go through the process of getting those records replaced or finding a way to prove they existed. They were the records of over half of his scouting career. It took months to get everything back from the database his local council keeps.

"I had been trapped in my house for a week," Brennan said. Through it all, Brennan has persevered and even earned his Eagle Scout badge.

"I am an Eagle Scout and [I] achieved that through hard work and concentration. It is an achievement that defines my being and is what has driven me to great things," Brennan said.

The Eagle Scout badge is the highest Scouting honor. Scouts must earn at least 21 merit badges and demonstrate leadership skills while displaying "scout spirit." A scout who earns this award is given a medal and a badge in recognition of the achievement. He holds the title for life.

"What drove me to become an Eagle Scout was the death of my scout master. His passing caused me to rethink why I was in scouting and who I was in it for," Brennan said. He promised to never let his hard work go to waste. Dave Mitchell, the scoutmaster, wanted to see all of his scouts succeed and earn their Eagles.

"The Eagle Scout rank comes with bonuses, such as helping the Scout get jobs, and assists them should they choose to be in the military," Brennan said. Brennan faced difficult challenges during his quest for his Eagle, not the least of which was that he is disabled.

"I have various disabilities. I have scoliosis, minor Cerebral Palsy, my left foot is flat and my right foot was clubbed. I had to have surgery when I was a small child. It causes minor problems when I walk. I have a severe muscle deficiency in my right leg," Brennan said. As a result he can't swim or ride a bike normally. He learned to adapt.

"I have trouble swimming and doing long periods of heavy labor," he said. Some badges you need to have to become an Eagle Scout do require such intensive work as the swimming, hiking, or cycling. He chose to do hiking because cycling is difficult and he cannot swim. "It was difficult and required persistence, but I accomplished it," Brennan said.

Brennan had to "jump through endless hoops of bureaucracy. It became so bad, that my mother and I asked [Pennsylvania's State Representative] Tina Pickett for help. She was more than happy to." The hoops started when the flood destroyed his records. He had to recover every file and redo a bunch of them. His earning the award was delayed to the point where he wasn't sure he could earn it. Scouts have to earn their Eagle before they turn 18 years old.

"At times I was denied my right to see the documents. It was a nightmare. I wanted it to be over," Brennan said. He was able to apply and get accepted for an extension with Pickett's help.

"Another huge part of why the Eagle Scout rank means so much to me is because of my late Scout Master. Originally, I was in scouting for myself and



PHOTO COURTESY OF KALEN HONEYFIELD.

Freshman Michael Brennan struggled to earn his Eagle, despite the death of his scout master and a flood.

wanted the benefits for myself. It wasn't until I attended his viewing that I changed my tune. His wife Crystal helped me see what was important. I made it my goal to honor my late Scout Master Dave Mitchell. I dedicated my Eagle Scout Project to him," Brennan said. His Eagle Scout project was a memorial to his scoutmaster of two benches on Roundtop, a park near Athens, Penn. He planned the Eagle Scout ceremony for the weekend of February 14, 2013.

"I made it a birthday present to myself. When I finally received the medal and badge, I looked at the row of chairs before me. They were filled with friends and family who helped me achieve such an honor," Brennan said. His hard work and patience paid off and he had kept his promise.

"Brennan didn't let anything stop him or give up on what he wanted. He accomplished his dreams through hard work and determination. He suggests that everyone should keep at their goals and never give up. "Never falter from the path of accomplishing your goal. No task is too big or too hard. It just takes heart and perseverance," he said.

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Mansfield Fisheries hooks Ryan Smith from Germany

By ASHLEY WRAY

After nine years of living in Germany Ryan Smith, a Scranton native, made his way to the Fisheries department at Mansfield University. In November of 2000 Ryan and his brother, Gary Smith Jr, were asked by their parents if they would like to move to Germany. They were hesitant at first and did not want to move, but after researching Germany they both opted to go. Originally the plan was to live in Germany for three years, but after learning the culture, the stay increased.

An employment opportunity came up for Ryan's mother, Barbara Smith, in Wiesbaden Germany. She works for the United States Army Center for Health Promotion and Preventive Medicine (CHPPM). CHPPM provides technical support and expertise in the areas of preventive medicine, public health, health promotion, and wellness to military units around the globe. She is still currently stationed in Germany.

While living in Germany Ryan played baseball, soccer, golf and football at General HH Arnold high school. HH Arnold is an American high school; it follows a traditional U.S. curriculum and traditional U.S. school activities. Ryan learned to drive in a BMW 3 Series and loved to drive on the Autobahn. Ryan has traveled to England, Italy, Austria, Poland, the Netherlands, France, Czech Republic, Switzerland, Spain, and Japan. He has fished in Japan, the Rhine River in Germany and the Ebro River in Spain. Ryan played the drums in a band, Jack's Smirking Revenge; which once traveled eight hours to Italy for a show in a Honda Civic.

The Fisheries program at Mansfield University caught Ryan's attention after his best friend, Scott Pangrazzi's parents, were looking for some property near Wellsboro. After doing some research of the area Ryan found Mansfield University. "Mansfield offered fisheries and I was hooked," Ryan said. "I've been fishing my whole life, I grew up around fishing poles and guns," Ryan said. If his father, Gary Smith Sr, had not introduced him to fishing at an early age he would not be where he is today and for that he is very grateful.

Mansfield offers the only undergraduate Fisheries degree in Pennsylvania. It is also the most complete undergraduate Fisheries program in the country. Job placement for



PHOTO COURTESY OF RYAN SMITH

Ryan with a 36" Tiger Muskie he caught on the Cowanesque River

Mansfield Fisheries students is 100% and ranges across the United States. That establishes Mansfield as a major center for Fisheries Education. It is apparent that Ryan was a good fit with his passion for fish and the outdoors.

At the time he was at the University of Maryland University campus (UMUC) a satellite school for people in the military. UMUC is an American college in Germany, but he wanted to come back to the states. "The fact that I can go to school and get a degree in something I love doing, makes it even better" Ryan said.

Approximately 87% of global fisheries are categorized as either fully exploited or over-exploited according to the Food and Agriculture Organization of the United Nations. Ryan has seen the exploitation first hand. "You won't find many sharks near the shores of Japan anymore because their food sources have been consumed by fisherman supplying fish markets," Ryan said. "In Spain I tried releasing a sea bass and a man who owned a food stand on the beach chased it down so he could sell it to the market," Ryan said.

None of this has changed his attitude toward fishing or fisheries. "I believe everyone

is entitled to their own opinion," Ryan said. He also believes that an education at Mansfield University in Fisheries Biology can help students tremendously in gaining a better global perspective by not traveling the world but by learning in a classroom in Pennsylvania. "This degree has also helped me raise awareness to others who are unaware of the dangers future generations face," Ryan said.

"This is my home state, the area I want to be in for now," Ryan said. He knew he wanted to move back to Pennsylvania and be within a couple hours of his family. Mansfield is only two hours away from where he grew up. He isn't done traveling yet, he wants to see more of the world. "Mansfield is just another chapter of my life," Ryan said.

Through an internship this summer Ryan will study the natural reproduction of channel cat fish at Lake Hammond. Dr. Aaron McNevin is advising the internship which is associated with the Army Core of engineers and the PA Fish and Boat commission. The point of the study is to save the state money. Instead of raising the catfish in an aquaculture facility they are trying to see if the fish will naturally reproduce in the environment.

Tradition meets cutting-edge at Head Hunters Barbershop



PHOTO BY CHANCE COOK

Ruben Jarmillo (Left) and Julio Santiago spoke to each other in Spanish during Jarmillo's haircut.

By CHANCE COOK

New Jersey native Julio Santiago wears a three-piece suit to work every day. He speaks two languages fluently. He decorates his shop walls with a combination of ancient barbershop equipment and hunting trophies from across the northern tier. The aforementioned may not sound like features of a 20th century barbershop, but the shop of the multi-cultured, outdoorsman is just that.

Santiago's "Head Hunters" barbershop, offers the men of Mansfield and the surrounding area a place to get their haircut in a comfortable – and traditional – environment.

Santiago has been in a barbershop his entire life, as his father was in the business for fifty years. "I spent a lot of time in my father's shop, sweeping hair for him," Santiago said. Santiago followed in his father's footsteps, and made a career out of the trade. He worked as a barber in New Jersey before his eventual move to Tioga County in 2010, which was intended to be a retirement, as he has family in the area.

Santiago's move to Mansfield could not have come at a better time.

"When [Santiago] came, our barbershop, run by Tom Schwartz, had just closed," Dave Cummings said. "I've lived in Mansfield since 1964 and Schwartz' barbershop was the go-to place for men since I've been

here." Cummings owns Cummings Jewelry in Mansfield.

"When we got here, we saw there was a need [for a barbershop]," Santiago said. "As long as there is hair, someone has got to cut it. Without a barbershop, men were going to Walmart or Supercuts because that is all they had. [Barbers] are a dying breed."

"Men want a barbershop," Santiago said. "They want a place to talk about hunting, sports and politics." The patrons of Head-hunters barbershop have a hard time competing with Santiago's hunting tales, as Santiago's second passion is wild game. "I love to hunt," he said. "I take vacations for deer and turkey season every year."

Word of Santiago's barbershop spread



PHOTO BY CHANCE COOK

When Santiago isn't cutting hair, he's in the woods. He vacations in the late fall, when hunters all across the Northern Tier migrate into the woods for the annual whitetail deer season. "Hunting is a passion of mine," he said.

Pennsylvania deer season isn't the only hunting season Santiago tackles. "I'm an avid turkey hunter," he said. His passion for turkey hunting has led to his side project - a homeade turkey call business - "J.R. Wingbone."

Santiago and his wife make the turkey calls and Santiago sells them, both online and in his barbershop, where the calls serve as both decor and product. While J.R. Wingbone isn't a primary source of income for Santiago, it is something he enjoys. "My wife and I wood-work for fun. It's a hobby," he said.

quickly in 2010. He attributes his rapid business growth to his favorite form of advertisement. "The best ads are 'word of mouth,'" he said. "If you give a guy a good haircut, the word is going to spread."

Beyond the need for a barbershop in Mansfield, the area was also experiencing a population boom with the gas industry arriving. "When we first opened, the gas industry was just coming in," he said. "They sought out a barber. It is what they were used to."

Santiago takes pride in the presentation of his barbershop, lining the walls with memorabilia that he has collected. His walls could be a museum of barbering. He displays shaving mugs, ancient razors and even spittoons crafted for customers to use while chewing tobacco during their hair cut or shave. "I've collected all of this stuff throughout the years," he said. "I take pride in the history of my profession." Santiago doesn't just collect the memorabilia of the business; he knows its history, too.

"He does a nice job of image presentation with all of the old mugs and razors," Cummings said.

The transition to Santiago's barbershop in 2010 was made painless not only by his display and knowledge of barbering's history, but also by the quality of his work. "His haircuts are great," Cummings said. "He can do any haircut you ask."

Santiago prides himself on that ability to do any haircut he is asked. Beyond the traditional men's haircuts that the citizens

of Mansfield and gas industry workers look for, Santiago has also embraced the college crowd at Mansfield University. "In a college town, the kids are looking for the modern trends," Santiago said.

The diversity among the students at the university has forced Santiago to continue his education as a barber. "I go to a lot of conventions and hair shows to familiarize myself with all of the current trends." Santiago has had the opportunity to cut the hair of people from all over the world. "I've cut hair on [exchanged college students] from China, India and Africa."

It's important for Santiago that he hold true to the barbershop traditions while keeping up with modern hairstyles. This aspect of his work gives him an advantage. "I stand out above the [other barbershops]," he said. "I can do etthing from traditional to modern hair styles... and I've been able to explore more modern hair cuts because of the college."

Santiago's blend of the traditional barbershop atmosphere and the modern, and wide range of cuts have made for a comfortable environment for the community to get something as simple as a haircut.

"We're a huge asset to the community," he said.

While his plan was originally to retire when he and his family moved to Tioga County, the business has not been bad to him, either. "You never see a homeless barber, or a barber without a nice car," his wife, Mary Santiago, said.



PHOTO BY CHANCE COOK

Santiago has collected shaving mugs over the course of his career. At one time, each of the mugs at a barbershop had an owner. The print and the color of each of the mugs on display at Head Hunter's once had a significance, according to Santiago, who has collected barbershop memorabilia since he's been in the hair-cutting business.

"You used to have your own mug and razor," he said. "Doctors and lawyers would have their names printed on them. The ones with numbers are all from hotels."

While no one has their own mug at Head Hunters, the mugs Santiago has collected over the years help to keep the traditional barbershop image alive.

Communication senior reflects on time at Mansfield

By DAVID BARR

Mansfield University senior Adam Hower has been an integral part of the Department of Communications since arriving on campus.

Hower was influenced by media at a young age. He watched TV as most kids do, but it was something else that increased Hower's interest in television. His dad always had to have the 6:00 news on at dinnertime.

"Having that exposure got me interested in what more is there to it than we see," Hower said of the behind-the-scenes part of a newscast. He also listened to the radio a "decent amount of time" and that helped fuel his passion for the radio.

Hower knew by middle school that it was "plainly obvious" he wanted to pursue a career in communications, whether it was through television or radio. He joined the television staff in high school to "test my skills and get my feet wet." When the time came to choose a college, Hower had a few choices to make.

"I definitely was looking for something in broadcasting," he said. He could have chosen a big school such as Temple or Syracuse, but not wanting to pay the outrageous costs or get shot made Mansfield more appealing.

"It's cheaper; it's a little more of my environment. It has a homey feel to it," Hower said of the university. In fact, his first day found him being a DJ for an event. He helped the DJ set up the equipment and Hower also provided music for the event. It didn't take him long to show the radio station on campus what he had to offer.

"I had my own show by October. I was always told that I had a face for radio. I enjoyed being able to use my voice to get the news out," Hower said.

Hower's show was him mostly talking to himself and he had fun doing that kind of show. Hower says that with the radio, people obviously can't see you, so you "literally have that freedom of changing who you are and being someone new."

Hower was the Business Manager, Program Director, and Assistant General Manager, and finished his time at the radio as the General Manager.

Hower says that the most beneficial thing about being in those leadership positions is "the experience of meeting all the different kinds of people that you're forced to interact with. Also, it opens your eyes to more responsibilities than you first imagine and it gives you a level of respect."



PHOTO BY DAVID BARR

Adam Hower was with WNTX 89.5 The Giant for all four years at Mansfield.

Hower also joined MUTV his first week on campus. "I was able to take what I learned and saw and apply it," Hower said. With MUTV, Hower honed his skills in the television production classes and spent time as the Script Writer before becoming President.

In addition to being a prominent member of the radio station and the television staff, Hower also helped the other Communication Department organizations.

"I was with PRSSA and the Flashlight for a year, and I was in OCC for a semester," Hower said. Hower didn't limit himself to helping the different Communication Department organizations. He also was a member of the Frisbee Club for a semester, spent two years in the Billiards Club, being the "last vice president" for the club, and spent one semester each with Committee of Financing and Student Government Association.

While he has no complaints about being a member of any of those organizations, Hower knew which organizations he would be spending the majority of his time helping.

"They aren't for me," he says of the Flashlight, PRSSA, and OCC, but he says that "they open your eyes to what there is in communications." Hower does have a word of advice for students in college and high school when it comes to joining organizations.

"Join the organization you are more

focused toward, but don't be afraid to step outside your comfort zone."

Having participated in all the communication organizations for at least a semester allowed Hower to see the good and bad points of how each department is run and what makes each one successful or fail.

"Each of the com departments dabbles into the other. It's definitely helpful to have experience."

Experience is something that Hower doesn't lack which is a plus for him as he attempts to make his way in the world in May. His biggest problem is that he has so much experience with television and radio that he isn't sure which field he wants to work in.

"I don't know. My best skills fall into radio, but I still want to pursue television. I'll take either or," Hower says of picking between radio and television.

With all the skills and experience gained at the radio and the television stations during his time at Mansfield University, Hower will be an integral part of whatever field he chooses to pursue.

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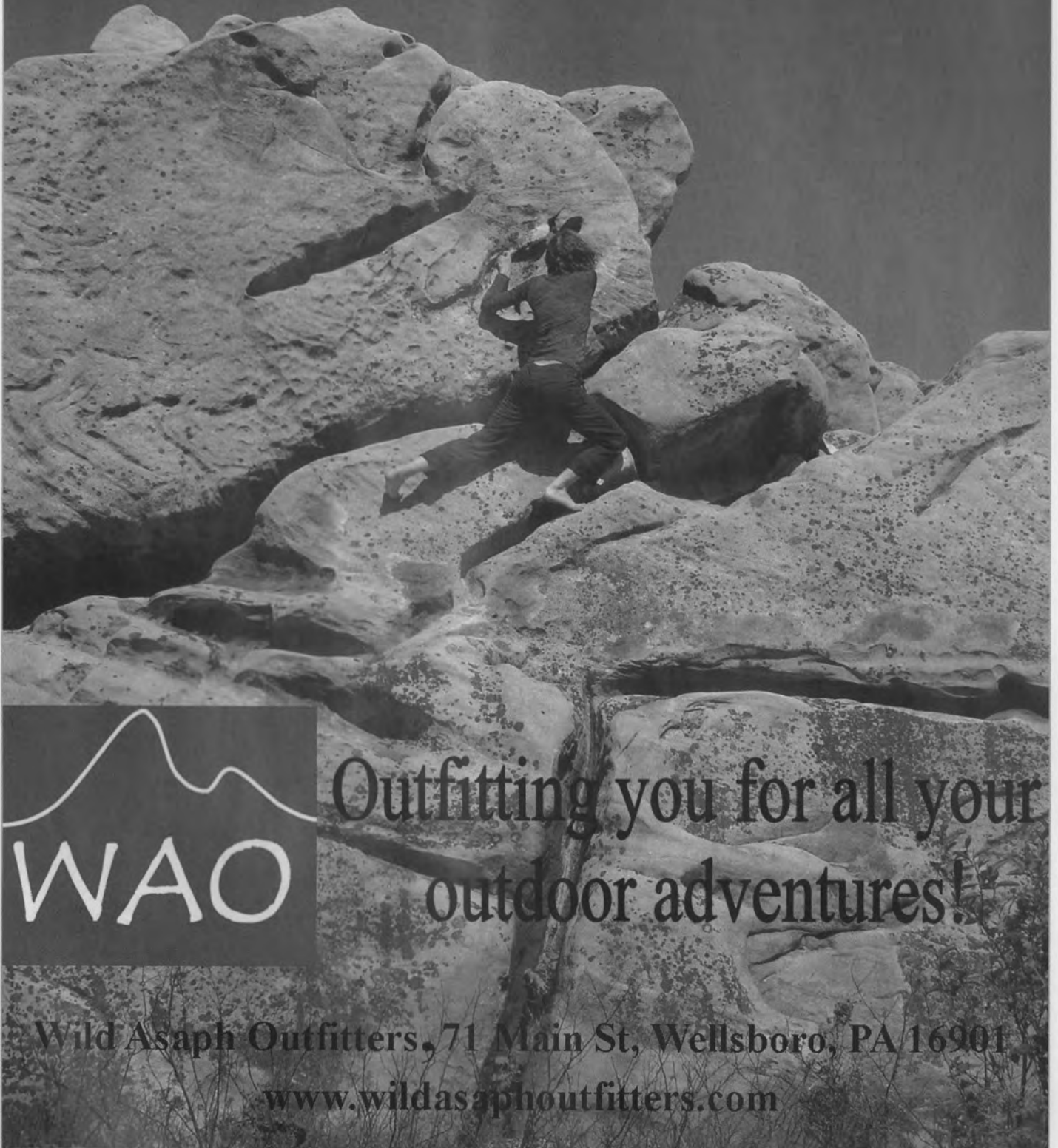


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PHOTO BY KALEN HONEYFIELD

2013 Crossroads staff unmasked from left to right: Daniel Mason, Melody Majchrzak, Katie Crane, David Barr, Kelsey Kaufmann, Ashley Wray, Chance Cook, Tom Passmore, Bryan Mahosky, Sami Cease, and Becky Kratz.

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